

CBG 'n Me

-Field Day -



Materials Needed:

- Spoon
- Buckets or bowls
- Egg, small ball
- Sponge or rag
- Water balloons

Instructions:

Egg and Spoon Race

- Set up a start and finish line, the goal is to balance the “egg” on a spoon make it to the finish line without dropping it
- Try different distances, time yourself, race someone

Water Balloon Toss

- With a partner, toss the water balloon back and forth.
- Each time you successfully catch the balloon, one partner takes a step back.
- See how far apart you can stand to toss the balloon! See how many tosses you can catch

Sponge Race

- Set up a start and finish line
- At one end place a bucket/bowl/cup full of water, at the other end place the other empty bucket/bowl/cup
- Only using the sponge or rag, the goal is to move all the water to the empty bucket.
- You can race someone or time yourself.